Boulder Senior Services

BoulderSeniorServices.com

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FALL 2016

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Cover photo:
Betty Payte (left) and Colleen Murray (right) enjoy Boulder's Civic Area with Walk2Connect.

Volume 18, No. 3
Boulder Senior Services

Published by: City of Boulder Human Services

Advertising Sales and Printing:
Stephen Larghi, 1630A 30th St., Ste. 391

AG Boulder

Boulder, CO 80301
Ph: 303.323.8782 Fx: 303.957.2267
www.agboulder.com

SENIOR RESOURCES

City of Boulder Senior Resources offers support, information and community programs to help you age well in Boulder, or as a local or long-distance caregiver. Picture shows Jacki Myers, Senior Resource Specialist, Karla Garcia-Velez, Senior Resource Specialist (Bilingual), and Maureen Dobson, Senior Programs Manager.

SENIOR SERVICES STAFF

Senior Services Manager
Eden Mayne 303-441-4439

Senior Programs Manager
Maureen Dobson 303-413-7489

Senior Resource Specialists
Jacki Myers 303-441-4388
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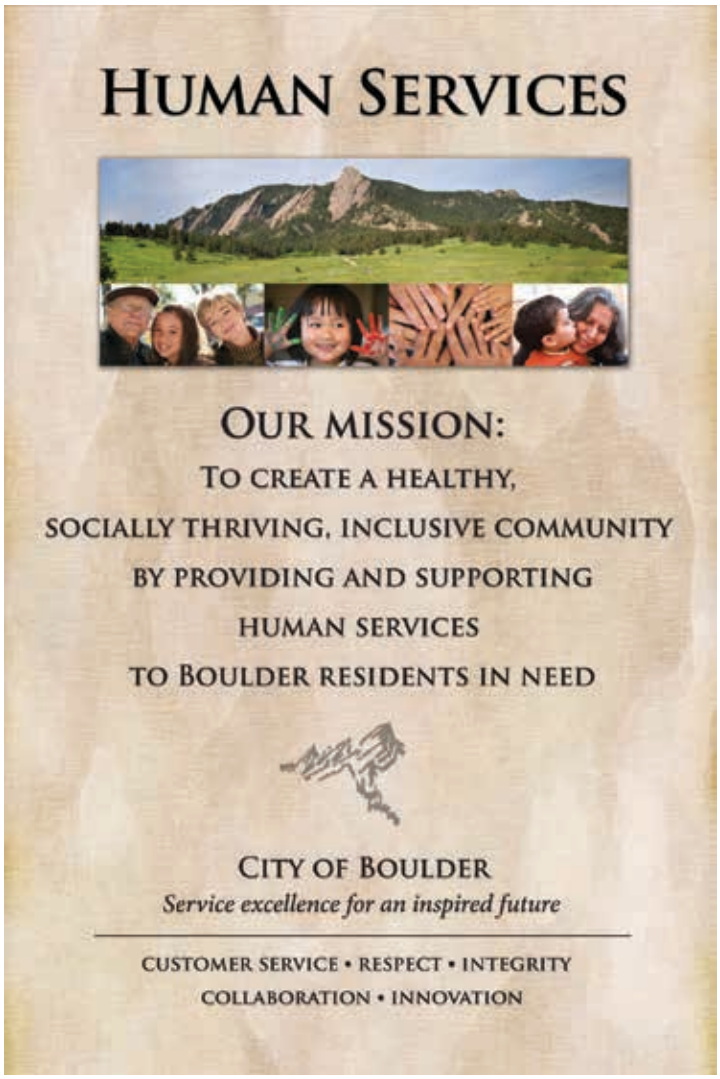
Tracy Prioste 303-441-3915

Customer Service Representatives
Jay Allen, DeLana Gorski, Pete Lundskow, Clara Castro

West Senior Center 303-441-3148
East Senior Center 303-441-4150

BOULDER HUMAN SERVICES INFORMATION

City of Boulder Department of Human Services



The Human Services Department comprises these work areas:

- Community Relations
- Family Services
- Human Services Planning and Administration
- Senior Services

Senior Services Mission:

To foster the engagement and well-being of older adults and promote a positive image of aging through community collaboration and excellent services.

In accordance with the Civil Rights Act, the City of Boulder prohibits discrimination against its customers, employees and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, marital status, familial status or sexual orientation.

The City of Boulder does not endorse or recommend any of the products or services advertised in this publication. Please call the District Attorney's Office Community Protection Division 303-441-3700 or the Attorney General's office, 303-866-5225/Spanish, 303-866-4828 with questions.

Drop-In Tech Help Labs

Need help becoming digitally literate?

Boulder Public Library offers a range of services to help you become tech savvy. Get started with online tutorials to get comfortable using basic technology and digital resources, or come to a free drop-in tech help session.

Drop-In Tech Help sessions are held each Tuesday evening, from 6-7 p.m. at the Main Library in the Flatirons Room. And beginning this Saturday, June 25, Drop-In Tech Help sessions will be held on Saturdays, from 10-11 a.m., also in the Flatirons Room.

Bring your questions and your device!

You may also Teach Yourself Tech on the Boulder Public Library website at **http://research.boulderlibrary.org/tech** with links for these specific learning areas: Computer Basics, Email & Internet Basics, Jobs, Social, Español

Questions? Call Boulder Public Library at 303-441-3100

BOULDER SENIOR SERVICES INFORMATION

WEST SENIOR CENTER

8 a.m. to 5 p.m.
Monday – Friday

909 Arapahoe Ave.
Boulder, CO 80302
303-441-3148

Café Classico

Lunch, 11:30 a.m. to 12:30 p.m., Monday – Friday, $6.00
Tuesday night dinners, 5:30 p.m. by reservation, $7.00

Room Rentals

For information about renting a room at the West Senior Center, call 303-413-7487.

Complimentary parking permits available for West Senior Center

Parking is free for West Senior Center patrons. Day passes are available at the front desk. Annual parking passes are also available with your driver's license and vehicle registration. See page 4 for parking enforcement information.

EAST SENIOR CENTER

7:30 a.m. to 4:30 p.m.
Monday - Friday

5660 Sioux Drive
Boulder, CO 80303
303-441-4150

Room Rentals

For information about renting a room at the East Senior Center, call 303-441-4400 or email EBCCfacilityrentals @bouldercolorado.gov.

Weekly Newsletter

Sign up to receive our weekly electronic newsletters at www.BoulderSeniorSeniorServices.com

Age Guidelines:

Individuals may participate in Senior Services programs at age 55. Senior Resources consultations are available for those ages 60 and up and their family members.

A caregiver for an older adult may register at the same time as the older adult and pay the same fee.

Assistive Listening Devices

Assistive listening devices are available for free for any program upon request. Please notify staff in advance.

Wheelchair Accessible

Our facilities are ADA compliant. Wheelchairs are available for use upon request. Please notify staff in advance.

Reduced Rate Eligible

Boulder Senior Services offers a selection of programs that qualify for Reduced Rate. See page 9 for more information.

SENIOR CENTER CLOSURES

Labor Day
Monday, Sep. 5

Veterans Day
Friday, Nov. 11

Thanksgiving Day
Thursday Nov. 24

Parking at West Senior Center

Customers parking at the West Senior Center must have either an Annual Parking Decal or Temporary Parking Permit (one-day) to park in the lot between 8 a.m. and 5 p.m. Monday through Friday and be participating in activities at the Senior Center. Vehicles without proper parking permits may be subject to a warning, ticketing, or towing. Ticketing or towing may come with or without a warning. If the lot is full, visitors can park in the Library parking lot for free for the first 90 minutes. Additional time can be purchased at the kiosks.

Senior Services is Seeking Volunteer Instructors For

- ► Computers/Technology
- ► Photography
- ► Knitting/Crochet
- ► Any other skill you'd like to share

Please contact us at 303-441-3915

Join Our Magazine Makeover Focus Group

Boulder Senior Magazine continues to evolve as a source of information for activities, classes, trips, and resources for older adults. Participants will have an opportunity to provide feedback and give suggestions on the content and layout of the magazine.

West Senior Center:

Wednesday, Sep. 14, 1 to 2 p.m.

East Senior Center:

Thursday, Oct. 13, 10:30 to 11:30 a.m.

Helping Boulder's Seniors

Carol Smoot has been a member of the Foundation's Board of Directors for four years and currently serves as their Secretary.

The Boulder Seniors Foundation (BSF) has been very busy in recent months. We were proud to sponsor the two Chautauqua Series programs: *Rosie the Riveter* and *Amelia Earhart*. And we will have a booth at the Jaipur Literacy Festival at the Boulder Public Library on September 24th and 25th. We will have some interesting information to share with you as well as our "wheel of fortune".

BSF works in partnership with Boulder Senior Services to assist older adults with lower incomes with one-time small emergency grants for basic needs. BSF also contributes to the senior center's programs benefitting all older adults.

BSF is a 501(c) nonprofit organization and charitable contributions are tax deductible. Every contribution is greatly appreciated! For more information on the foundation and how you can donate, please visit our website www.sites.google.com/site/boulderseniorsfoundation/.

Senior Services Thanks:

- Kristine Bellinger, PTA from ALTA Physical Therapy and Pilates
- Dr. Hale and Dr. Pilkington from Azeal Dermatology Institute
- Boulder Community Health, AAA, AARP and the American Occupational Therapy Association (AOTA)
- Mental Health Partners Senior Reach Therapists and Senior Peer Counselors
- Alzheimer's Association
- Boulder Seniors Foundation

Boulder Seniors Foundation

Senior Wisdom

"If you think you're too small to make a difference, try sleeping with a mosquito in the room." —Dalai Lama

Please consider supporting the Boulder Seniors Foundation. Mail gifts to: P.O. Box 1392 Boulder, CO 80306-1392

Visit us on the web:
sites.google.com/site/boulderseniorsfoundation

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COMMUNITY SERVICES AND RESOURCES

Access-A-Ride
303-292-6560

Adult Protective Services
303-441-1309

Audio Information Network of Colorado
303-786-7777

Boulder County Aging and Disability Resources for Colorado (ADRC)
303-441-1617

Boulder County Area Agency on Aging
303-441-3570

Boulder County CareConnect
303-443-1933

Boulder County Circles Campaign
303-441-1503

Boulder County Housing and Human Services
303-441-1000

Boulder County Legal Services
303-449-7575

Boulder Housing Partners
720-564-4610

Center for People with Disabilities
303-442-8662

Colorado Talking Books Library
303-727-9277

Community Mediation Service
303-441-4364

Community Protection Services
303-441-3700.

Eldershare Food Program
303-652-1307

Emergency Family Assistance
303-442-3042

Family Resource Center
720-279-7027

Flood and Fire Safety
303-651-8550

Food Tax Rebate Program
303-441-1836

Foot Care
303-651-5224

Meals on Wheels
303-441-3908

Medicare Counselors
303-441-1546

Mental Health Partners
303-443-8500

Nutrition Counseling
303-678-6115

Rainbow Elders of Boulder County
303-441-3583

Social Security Office
1-800-772-1213

Veterans Services
303-441-3890

Via Mobility Services
303-447-2848

Workforce Boulder County
303-413-7555

Meals on Wheels Café Classico

Take a break for lunch at Café Classico at the West Senior Center, served weekdays 11:30 a.m. to 12:30 p.m., only $6 per person. Besides our recently redecorated café, you might enjoy a visit to our salad bar and one of the day's delicious entrees, dessert offerings and beverages. On Tuesday evenings, join us for dinner at 5:30 p.m. for $7 per person. Please call 303-441-3148 for reservations. Our monthly menus are posted online in English and Spanish at www.mowboulder.org.

Meals on Wheels of Boulder

Volunteer drivers deliver meals to residents of Boulder, of any age or income level, who aren't able to provide at least one hot nutritious meal a day. Please consider volunteering with us. You'll be helping us keep the wheels turning and doing a good deed for your neighbors.

Project Homecoming

Project Homecoming is a short-term meal delivery program designed to help patients make the transition from hospital to home. The service consists of five FREE home-delivered meals with absolutely no strings attached. Meals on Wheels of Boulder, Longmont Meals on Wheels, and Coal Creek Meals on Wheels have partnered with four area hospitals. Since its inception in 2007, Meals on Wheels of Boulder has delivered more than 3,000 meals at no charge. For information call Meals on Wheels of Boulder at 303-441-3908; in Longmont or Lyons, call 303-772-0540; in Lafayette, Louisville, Superior and Erie, call 303-665-0566.

Thanks To Our Partners

Meals on Wheels of Boulder couldn't do what we do without an army of partners beside us. First and foremost, we are proud and grateful for our 23-year partnership with the City of Boulder, Human Services Department for providing us a warm and welcoming place for our clients, volunteers and lunch guests. The Police and Fire departments are always there to support client safety at a moment's notice. The city's sustaining support is key to our ability to accomplish our mission for so many years.

We are members of the Boulder County Nutrition Providers Council, members include (but are not limited to) Community Food Share, Longmont Meals on Wheels, Coal Creek Meals on Wheels and CareConnect. Our work is to explore ways to reach those with a critical need for nutritious food, one of life's most basic needs, and tackle the growing problem of food insecurity.

Via Mobility partners with us by providing transportation to the guests at our Tuesday evening "Wheels to Meals" program.

These are just a few of the organizations who collaborate with us as we continue to provide healthful, colorful, flavorful meals to our Boulder neighbors who need and want our service, regardless of age or income.

ONGOING ACTIVITIES

Volunteer-Led Groups

Group	Contact	Center	Meeting Day	Time
Partner Duplicate Bridge	Mike, 303-666-6348	West	Mondays	12:45-4pm
Senior Rubber Bridge	Alice, 303-494-8050	East	Mondays	12:30-4pm
Table Tennis	Richard, 303-652-6524	East	Mondays	1:15-3:15pm
American Mah Jongg	Beth, 303-530-7565	East	Mondays	1-4pm
Table Tennis	Anna, 303-402-1620	West	Tuesdays	9:45am-11:45pm
Bo. Co. Legal Services	By appt: 303-449-7575	West	1st & 3rd Tue	1-4pm
Mah Jongg	Donnie, 303-494-8644	East	Tuesdays	9am-12:30pm
Hand and Foot Canasta	Jean, 303-494-2307	East	Tuesdays	12:30-3:30pm
Creativity Circle	Elsie, 303-545-0007	West	2nd & 4th Wed	10am-noon
Storytelling Circle	Ann, 303-810-2094	West	1st & 3rd Wed	1-2:30pm
Table Tennis	Richard, 303-652-6524	East	Wednesdays	Noon-2pm
Scrabble Club	Dobbie, 720-583-1744	East	Wednesdays	10am- noon
Chinese Mah Jongg	Bonnie, 303-499-6192	East	Wednesdays	1-3 pm
Table Tennis	Anna, 303-402-1620	West	Thursdays	9:45am-11:45pm
Community Book Club	Debra, 303-440-4148	West	3rd Thu	2-3:30pm
Practice Bridge	Ann, 303-506-4437	East	Thursday	12:45-4pm
Write On! Writers Group	Jacqui, 303-447-2931	East	2nd & 4th Thu	1:30-3pm
N.A.R.F.E.	Zdenka, 303-444-8547	West	1st Fri	1-2:30pm
Table Tennis	Richard, 303-652-6524	East	Fridays	1-3pm
Texas Hold'em	Brenda, 303-499-3763	East	Fridays	1:30-3:30pm

Community-Sponsored Support Groups

Group	Contact	Center	Meeting Day	Time
Beyond Vision: Low Vision Support Group	C.P.W.D., 303-442-8662	West	4th Mon	1-2pm
Alzheimer's/Dementia Support Group	Alz.org, 800-272-3900	East	2nd Tue	11am-12:30pm
Men's Support Group	M.H.P., 303-413-6377	West	1st & 3rd Wed	10:30am-noon
Women's Support Group	M.H.P., 303-413-6377	West	Wednesdays	2-3:30pm
Widowed Persons Support Group	TRU Care, 303-530-4542	East	4th Wed	10am- noon
Women's Support Group	M.H.P., 303-413-6377	West	Thursdays	1:30-3pm
Alzheimer's/Dementia Support Group	Alz.org, 800-272-3900	East	1st Thursdays	Noon-1:30pm
This Full House: Support Group	Sr. Res., 303-441-4388	East	2nd Thursdays	3-4:30pm
Caring for Your Aging Parent	Jodi, 303-415-1025	East	2nd Thursdays	5:30-7pm

Senior Services' Bill Payer and Organizing Program

Senior Services' Bill Payer and Organizing Program helps older adults remain independent in their homes by providing them with a trained, screened and supervised volunteer to assist them weekly or monthly with financial and organizing tasks that include but are not limited to writing checks and/or setting up automatic debits, balancing checkbooks, opening and sorting mail and other personal or financial paperwork tasks.

If you or someone you know might benefit from this unique support program, or if you are interested in becoming a volunteer, please call 303-441-4388.

Reduced Rate Program

The reduced rate program is for residents of Boulder over age 60 who meet income and asset guidelines. Most Senior Services special events and classes are available at a reduced rate, and a few select trips. Please look for the "Reduced Rate Eligible" icon to tell you which trips are eligible for the reduced rate. Applicants must be approved prior to registering under the reduced rate option. For additional information and an application, and/or to register for reduced rate programs, stop by the front desk at either senior center or call the West Senior Center at 303-441-3148 or the East Senior Center at 303-441-4150.

Boulder Co. Legal Services (BCLS)

BCLS is available by appointment the first and third Tuesday of each month from 1 to 3 p.m. at the West Senior BCLS provides civil legal assistance to older adults and residents with low incomes of Boulder County with matters including family law, protection orders, housing rights, public benefits, consumer issues, elder law, health issues, and more. A short interview determines eligibility. Adults age 60+ with certain legal issues can be served regardless of income. BCLS cannot provide services for criminal cases, fee-generating cases, or with traffic disputes. Center. Call 303-449-7575 for more information or to schedule an appointment.

This Full House
(support/discussion group)

This Full House is a discussion/support group for people who have accumulated various items over the years and want to discuss practical way to de-clutter, streamline, and organize. Different strategies and topics will be presented as well as sharing of ideas and situations among group members. Meets the second Thursday of every month. Call 303-441-4388 for more information.

244297 -East Senior Center | Thursdays, Sep. 8, Oct. 13 and Nov. 10 | 3 to 4:30 p.m. | Free, registration requested.

AARP Driver Safety Course

You'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. Space is limited, so register now by calling 303-441-4150. Fee is paid directly to the instructor the day of the class.

East Senior Center | Mondays, Sep. 12, Oct. 10 and Nov. 14 | 8:30 a.m. to 12:30 p.m. | Fee: $15 for AARP Members or $20 for non-members

Get Acquainted! Meet Our New Senior Services Manager

ALL Boulder older adults are invited to join us for a special reception to meet our new Senior Services Manager, Eden Mayne. Following the opening reception, staff will also be available to review the many opportunities and resources offered through our East and West Senior Centers, and to ask questions of staff. This program provides an opportunity to make connections with others, whether you are new to the area, new to Senior Services, or interested in meeting new people. Facilitated by Senior Services staff members. There is no charge, but please pre-register to reserve your space.

246433 – West Senior Center | Wednesday, Sep. 7 | 10 to 11:30 a.m. | Free, registration requested

246434 - East Senior Center | Wednesday, Oct. 5 | 9:30 to 11 a.m. | Free, registration requested

Medicare Basics Class

Free monthly classes are offered by Boulder County Area Agency on Aging Medicare Counselors for anyone wanting to understand the fundamentals of the Medicare program. Information is provided about Medicare eligibility, enrollment, benefits, costs, plan choices, and prescription medication coverage. Classes are held the first Thursday of every month unless it falls on a holiday, in which case the class will be held the following Thursday. Call 303-441-1546 to register.

East Senior Center | Thursdays, Sep. 1, Oct. 6 and Nov. 3 | 2 to 4 p.m. |

The Death Café

A Death Café is a respectful, enlightening and thought provoking space within which to help each other increase awareness of our "finite" lives. The Death Café is held on the first Monday of each month at the West Senior Center. Presenter: Reva Tift, M.A.

246432 - West Senior Center | Tuesday Sep. 6 (rescheduled due to Sep. 5 holiday), Mondays Oct. 3, Nov. 7 | 10:30 a.m. to noon | Free, registration recommended.

The Elephant in the Room

As we age needs will change, especially as we are generally living longer and with more options and resources than ever before. Participants will discover how to become proactive in their lifestyle choices as they plan for aging transitions. Facilitator: Tari Muir, M.A. Gerontology.

246533 – West Senior Center | Wednesday, Sep. 28 | 10 to 11:30 a.m. | Free

National Depression "Screening Day" Film & Depression Screenings

Participants will view a relevant film at 9 a.m. and then afterward have the opportunity to participate in small discussion groups with Mental Health Partners Senior Reach staff and peer counselors. Free depression screenings will be available from 11 a.m. to noon. There is no charge for this program, but registration is required.

Instructor: Therapists and peer counselors from Mental Health Partners.

246439 - East Senior Center | Thursday, Oct. 6 | 9 a.m. to noon | Free | Please register to reserve your space

Legal Clinic - FREE

Local attorneys are donating their time and expertise to help explain and prepare simple wills, powers of attorney and advance directives. One-hour appointments are available on a first-come first-served basis and will take place at the West Senior Center on Tuesday, October 18, 1 to 5 pm. Please call 303-441-4388 and speak with a Resource Specialist to discuss eligibility requirements, ask questions, and to schedule your appointment

Senior Services would like to thank the law offices of Vincent, Romeo & Rodriguez, LLC; Warren, Carlson & Moore, LLP; the Martin Law Office, LLC; and Elevations Credit Union for their generous support for this clinic.

Medicare Part D Clinics

Many Part D prescription drug plans change premiums and co-pays every year. In this clinic participants can discover if they can save money by changing their Medicare drug plan. Schedule an individual appointment with a Boulder County Medicare Counselor to review your Medicare Part D or C plan to see if it is the best plan for you. Sponsored by Boulder County Area Agency on Aging. By appointment only.

West Senior Center | Wednesdays, Oct. 26, Nov. 9, Nov. 30 | 9 a.m. to noon | Free | By appointment only | Call 303-441-3148

East Senior Center | Thursdays, Oct. 20, Nov. 3, Nov. 17 | 9 a.m. to noon | Free | By appointment only | Call 303-441-4150

PACE: A Program of All-inclusive Care for the Elderly

NEW

In late summer 2016, TRU Community Care will open TRU PACE (A Program of All-inclusive Care for the Elderly) in Layfayette. A PACE program provides comprehensive services to older adults who qualify as needing nursing home level of care. To enroll in PACE a person must be at least 55 years of age, live in Boulder County, be nursing home eligible and be able to live safely in the community. Comprehensive services include medical health care, medications, rehabilitation and other supportive services at the center in as well as in participant's homes. Presenter: Robert Thorn, VP, Business Development and TRU PACE

246882 – West Senior Center |Thursday, Sep. 15 | 10 to 11:00 a.m. | Free, registration requested

SENIOR REACH EDUCATION

Sponsored by Mental Health Partners

These two-hour programs involve a 60 to 90-minute talk/activity followed by free time to interact with a Senior Reach Therapist or Senior Peer Counselor. Light snacks provided.

Downsizing: How to Simplify Your Life

Discover how to live a more manageable, enjoyable life by exploring strategies for downsizing.

245532 – West Senior Center | Tuesday, Sep. 13 | 3 to 5 p.m. | Free, registration required

Seasons Can Affect Mood

The change of seasons, including changes in light and weather can have a strong impact on mood. Learn about these changes, especially as the days get shorter, along with tips and techniques to stay on an even keel and feeling healthy.

245533 – West Senior Center | Tuesday, Oct. 11 | 3 to 5 p.m. | Free, registration required

Humor for the Holidays

Learn how to cope over the holidays with love, humor, storytelling and song.

245534 – West Senior Center | Tuesday, Nov. 8 | 3 to 5 p.m. | Free, registration required

ALZHEIMER'S ASSOC. EDUCATION

Vida Saludable Para El Cerebro y El Cuerpo

Por siglos hemos sabido que la salud del cerebro y la salud del cuerpo estan connectadas. Hoy en día la ciencia nos enseña como mejorar nuestra salud física y cognitiva mientras envejecemos. Participe en esta clase para que aprenda sobre la investigación en las áreas de dieta, nutrición, ejercicio, actividad cognitiva y social e utilice herramientas prácticas para ayudarle a incorporar estas recomendacions en una rutina diaria que apoye su envejecimiento saludable. Esta clase esta designada para gente sin problemas de memoria y una audiencia general. Si tienes alguna preocupación sobre su salud o la de un familiar, favor de contactor la Alzheimer Asociación. 303-813-1669

246532 – Oeste Mayor Centro | Martes, Oct. 4 | 2 p.m. hasta 4 p.m.

The Basics: Memory Loss, Dementia and Alzheimer's

Alzheimer's disease is not a normal part of aging. This program provides essential information on detection, possible causes and risk factors, stages of the disease, treatment, and much more.

245536 – West Senior Center | Thursday, Oct. 6 | 1 to 3 p.m. | Free, registration required

The 10 Signs: Early Detection Matters

If you or someone you know is experiencing memory loss or behavioral changes, now is the perfect time to learn the facts. Early detection of Alzheimer's disease offers a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease as a way to highlight the challenges faced every day.

245537 – West Senior Center | Tuesday, Nov. 15 | 10 to 11:30 a.m. | Free, registration required

WELLNESS CLINICS AND SEMINARS

Monthly Hearing Clinic

Family Hearing Center holds a monthly, free hearing clinic. Audiology services include a hearing screening, ear exam and cleaning, as well as inspection and cleaning of hearing aids. In addition, full hearing tests and/or hearing aid adjustments are offered through Medicare or other qualified health insurance. Call 303-441-4150 to schedule an appointment.

East Senior Center | Wednesdays, Sep. 7, Oct. 5, Nov. 2 | 2 to 4 p.m. by appointment only | Free

Easing Your Pain

Easing Your Pain is a six-week series for people who suffer from chronic pain such as arthritis, fibromyalgia, headaches, backaches, sciatica, or ongoing post-surgical pain. Participants will explore the range of emotions that often accompany chronic pain such as anxiety and depression. Learn multiple ways to ease pain including relaxation techniques, self-hypnosis, medications, nutrition, and meditation. Participants will have the option to share their pain experiences as well as successes with the rest of the class. Presenter: Patricia Kay Youngson, R.N., Master's Degree in Transpersonal Counseling Psychology from Naropa University.

246632 - West Senior Center | Wednesdays, Oct. 5 to Nov. 9 | six classes | 3 to 4 p.m. | City Resident $30 | Non-Resident $35

Live Well "4" Life Diabetes Prevention Program

The Live Well 4 Life Diabetes Prevention Program, hosted by City of Boulder, is a community delivered, evidence based, lifestyle change program with a proven success record. The program focuses on topics such as healthy eating, physical activity, weight loss and stress management. The program and materials are free of charge to those who qualify for the program. To find out if you qualify, please contact Wendy Smittick 303-355-3423 ext. 110 or wendy@caahealth.org

East Senior Center | Wednesdays, Sep. 7, 2016 to Jan. 4, 2017 | 12:30 to 1:45 p.m. (no class 11/23 or 12/28)

Feet

Laura Olinger has designed a class for individuals who suffer discomfort, pain, lack of sensation, or lack of stability in their feet. Join Laura for a conversation about exercising to keep feet strong, capable, flexible and comfortable. This class is also appropriate for individuals who wish to regain foot strength. The class will focus on self-care and active participation, with many ideas and opportunities to experiment with different approaches. In terms of fall prevention, often the use of a shoe-based traction device can help in icy conditions. Melissa Pruitt, with the Boulder County Area Agency on Aging will join the class to talk about proper sizing and usage, and will also provide an opportunity for participants to try on a traction device. Instructors: Laura Olinger and Melissa Pruitt

246636 - West Senior Center | Tuesday, Sep. 20 | 9 to 11 a.m. | Pre-registration requested

Chair Assisted Tai Chi for Health and Wellness: FREE Introductory Class with six-week series to follow

This Tai Chi class is designed to improve muscular strength, flexibility and over- all fitness while integrating mind-body empowerment. Additional powerful positive effects are better posture, improved balance which helps with fall prevention, breathing control, mental concentration and relaxation. This is a gentle class that uses chairs to assist participation at any level of fitness. Instructor: Terry Tessier

246637 - West Senior Center | Tuesday, Sep. 20 | FREE 30-minute Introductory class | 1:15 to 1:45 p.m. | Pre-registration required

244139 - West Senior Center | Tuesdays, Sep. 27 to Nov. 1| 6 classes | 1:15 to 2:15 p.m. | Encore Resident $18 | City Resident $23 | Encore Non-Resident $27 | Non-resident $32

Medication and Falls Prevention

Older Adults at Risk for Medication-Related Falls

Falls can be medication-related because some medications can contribute to falls in older adults for a variety of different reasons. Medication management is an effective component of fall prevention programs and a periodic drug review by qualified professionals can be incorporated into fall prevention programs. Presenter: Dr. Neda Leonard, M.S., Pharm.D., B.C.P.S., C.G.P. is a certified geriatric consultant pharmacist specializing in senior care.

246634 - East Senior Center | Monday, Sep. 19 | 10 to 11 a.m. | Free | Contact Boulder County Area Agency on Aging at 303-441-3599 to register

Preventing Falls: Where Can You Go For Help?

In this class, Melissa Pruitt will discuss the many resources available in our community to help prevent falls and will work with participants to select the best individual resources. Presenter: Melissa Pruitt, Wellness Services Coordinator for Boulder County Area Agency on Aging, has been involved in falls prevention as a health educator and fitness professional for over 20 years.

246639 - West Senior Center | Wednesday, Sep. 21 | 10 to 11 a.m. | FREE, pre-registration requested

FREE Fall Risk Screenings will be held before and after this presentation. Call West Senior Center at 303-413-7489 to schedule your FREE screening. Appointment times available between 9 and 10 a.m. or 11 a.m. and noon.

A Matter Of Balance

Approximately one in three adults over the age of 65 will fall in a given year. Unfortunately, many falls result in significant injury and can lead to reduced independence. A Matter of Balance is an eight-week program designed to help people reduce their fear of falling and increase their physical activity. Classes include discussions on how to view falls as controllable, set goals for increasing physical activity, make changes in the home to reduce the risk of falling and practice exercises to increase strength, balance and flexibility. This class is offered without charge to Boulder County residents 60 and over and their caregivers; however, donations are appreciated. To register, or for additional information, please call 303-441-3599 or email mpruitt@bouldercounty.org

246635 - West Senior Center | Mondays, Sep. 26 to Nov. 14 | eight-week series |1 to 3 p.m. | Free, donations accepted | Contact Boulder County Area Agency on Aging at 303-441-3599 to register

HEALTHWAYS SilverSneakers® FITNESS

Healthways SilverSneakers® Fitness is included as a benefit for members of select Medicare health care plans. SilverSneakers® is a registered trademark of Healthways, Inc.

Call 303-441-4150 with questions.

SilverSneakers® – Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities of daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance, and a chair is used for seated or standing support.

SilverSneakers® – Yoga

YogaStretch will move your whole body through a complete series of seated and standing poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation are designed to promote stress reduction and mental clarity.

Level 1 55+ Warm Water Fitness

Improve your cardiovascular endurance, strength, balance, and flexibility through a variety of warm water exercises. This class is held in the shallow, warm water leisure pool at the East Boulder Community Center. No swimming ability is required.

Level 2 55+ Warm Water Fitness

This warm water class addresses movement in every joint and activates muscles that are often diminished due to lack of use. Exercises will build neural pathways to underutilized muscles and increase cardio conditioning. Class is held in EBCC warm water leisure pool.

Level 3 55+ Warm Water Fitness

Explore new movements and build cardio conditioning using more complex exercises than in previous fitness level classes. Class is held in EBCC warm water leisure pool.

Fit and Strong – Beginning

This is a general fitness class that includes a variety of exercises to improve balance, strength and flexibility. This is a perfect class for the beginning exerciser. Many exercises may be done seated. No floor work. The Wednesday class typically uses a Fit Ball. Please wear footwear appropriate for a low-impact class.

Fit and Strong – Intermediate

The class emphasizes cardiovascular exercise but also includes strength training and flexibility work. Hand weights, resistance tubing and a small ball are incorporated into the warm up and strength segment. Please wear footwear appropriate for a low-impact aerobics class. Bring water bottle.

Guts and Butts

Designed to improve inner core health for older adults by strengthening front abdominal, side abdominal, and back muscles, toning hips, conditioning inner and outer thighs, and improving balance and flexibility. Ideal for anyone starting an exercise routine or wanting to become fitter and stronger. We use relaxing music, mats, your own body weight and occasionally weights, bands and stability balls. Taught at different levels and modifications are provided.

Line Dancing

All levels of experience as well as newcomers are welcome. The instructor will demonstrate various steps and guide participants through them. Instructor Judy Yamakishi has been teaching for several years, attends national dance conferences, and keeps up with the latest steps. Come join the group, learn line dances and have fun.

Strength and Alignment

Using breath for increased self-awareness, this class focuses on body alignment to increase bone density without injury by using resistance training with hand-held weights, resistance bands and isometric exercises using balls. Core strength is emphasized in all movements. This class includes a cardiovascular warm-up, a relaxing cool-down, and constant attention to balance. Exercises can be done standing, on a mat, or seated in a chair, all levels welcome.

MASSAGE, ROSEN METHOD, AND REFLEXOLOGY

Massage

Promote good health and restore your sense of well being with a therapeutic massage. Certified massage therapists are available five days a week, and offer Swedish and Integrative Massage. Massage therapy appointments are limited to those age 55 and older for one-hour appointments. Schedule an appointment by calling 303-441-4150.

East Senior Center | Monday to Friday |
City Resident $40 | Non-Resident $48

Rosen Method® Bodywork

Rosen Method® bodywork is a gentle and effective therapy for a broad range of physical and emotional complaints. Done on a massage table, Rosen Method® helps people gain awareness of tension held in their bodies. As tension is released, the work supports a deeper, fuller, more relaxed sense of self. Todd Schwartz is a licensed massage therapist, psychotherapist and Rosen Method® bodywork provider. Schedule an appointment by calling 303-441-4150.

East Senior Center | First and Third Mondays |
Appointment Times: 9 to 11:30 a.m. |
City Resident $40 | Non-Resident $48

Reflexology

Reflexology is a combination massage and acupressure treatment on the feet. It is based on the principle of reflex areas in the feet that relate to each and every organ and to all parts of the body. Properly stimulating these reflexes has a beneficial effect on general health. 30-minute or one-hour session by certified reflexologist Alma Dubin. Schedule an appointment by calling 303-441-4150.

East Senior Center | Second and Fourth Mondays |
Appointments times: 9 a.m. to noon. |
City Resident $20/40 | Non-Resident $24/48

Massage and Reflexology Registration Guidelines:

- Registrations for massage and reflexology are limited to two appointments per month, per person.
- Persons age 55 and older can schedule up to two months in advance from the first of every month.
- Payment must be made in full at time of appointment.
- Participants (or a substitute) must be 55 years or older to be eligible for a massage with Senior Services.
- Appointments limited to one 1-hour appointment per day.
- We reserve the right to provide a substitute therapist for your scheduled session.

Cancellation and Refund Policies

- Appointments canceled fewer than three business days in advance will be not be refunded. Exceptions to this policy will be considered on a case-by-case basis.
- Cancellations must be made during regular East Senior Center hours, 7:30 a.m. to 4:30 p.m. Monday through Friday except holidays and closures. See page 3 for scheduled closures.

SILVERSNEAKERS® AND FITNESS SCHEDULE

DROP-IN CLASSES FOR September, October and November

All fitness classes held at East Senior Center - All 55+ Warm Water Fitness classes held at East Boulder Community Center Leisure Pool

FEES: There is no cost for SilverSneakers® passholders for ANY class listed below.
Members must be registered with Boulder Senior Services and swipe their SilverSneakers® pass each daily visit.
All other participants may purchase a Senior Services punch pass or make a drop-in payment.
Senior Center punch passes are valid one year from date of purchase and non-refundable.
55+ warm water fitness classes require a day or punch pass from Parks and Recreation.

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 – 9:30 a.m. Fit & Strong Intermediate *Sally*	**7:30 – 8:15 a.m.** Guts and Butts *Dora*	**8:30 – 9:30 a.m.** Fit & Strong Intermediate *Sally*	**7:30 – 8:15 a.m.** Guts and Butts *Dora*	**8:30 – 9:30 a.m.** Fit & Strong Intermediate *Dora*
9 – 9:45 a.m. 55+ Warm Water Fitness (Level 2) EBCC Pool *Laura*		**9 – 9:45 a.m.** 55+ Warm Water Fitness (level 2) EBCC Pool *Laura*		**9 – 9:45 a.m.** 55+ Warm Water Fitness (level 2) EBCC Pool *Laura/Maryann*
9:45 – 10:45 a.m. Fit & Strong Beginning *Jack*	**9:30 – 10:25 a.m.** Strength & Alignment *Linda*	**9:45 – 10:45 a.m.** Fit & Strong Beginning *Terry*	**9:30 – 10:25 a.m.** Strength & Alignment *Linda*	**9:45 – 10:40 a.m.** Fit & Strong Beginning *Dora*
11 – 11:45 a.m. SilverSneakers® Classic *Jack*	**10:30 – 11:15 a.m.** SilverSneakers® Yoga *Linda*	**11 – 11:45 a.m.** SilverSneakers® Classic *Terry*	**10:30 – 11:15 a.m.** SilverSneakers® Yoga *Linda*	**11:45 – 12:30 p.m.** SilverSneakers® Classic *Chris*
1 – 2 p.m. 55+ Warm Water Fitness (Level 3) EBCC Pool *Laura*	**1 – 1:45 p.m.** 55+ Warm Water Fitness (Level 1) EBCC Pool *Chris*	**1 – 2 p.m.** 55+ Warm Water Fitness (Level 3) EBCC Pool *Ronda*	**1 – 1:45 p.m.** 55+ Warm Water Fitness (Level 1) EBCC Pool *Chris*	
			1 – 2:30 p.m. Line Dancing *Judy Y*	

	Class Purchases	Encore Resident	City Resident	Encore Non-Resident	Non-Resident
Drop-in Fee	***1 class***	$4	$5	$6	$7
SENIOR SERVICES PUNCH PASS OPTIONS - *Valid one year from date of purchase*					
OPTIONS	***10 punch***	$40	$50	$60	$70
	20 punch	$80	$100	$120	$140

Boulder Senior Services – Activity Registration Form

West Senior Center, 909 Arapahoe Ave., Boulder, CO 80302, (303) 441-3148
East Senior Center, 5660 Sioux Drive, Boulder, CO 80303, (303) 441-4150

Name _____ Phone _____
Address _____ Apt/Unit _____
City _____ State _____ Zip _____
E-mail Address _____ Birth Date ____/_____/_____
Do you prefer your receipt to be emailed to you instead of traditional mail? Yes ___ No ___
City of Boulder Resident? Yes ___ No ___ Encore Member? Yes ___ No ___ Expiration Date___/____
Opt-In for emailed Senior Services Newsletter? Yes ___ No ___ (Email address above, required)

Enter course code, activity name, date of activity and required fee below. To add Encore membership to your registration, just circle the appropriate fee below.

Encore membership for City of Boulder resident	$20
Encore membership for non-resident	$25
Encore additional household member for City of Boulder resident or non-resident	$10
Encore membership reduced rate for City of Boulder resident	$10
Encore additional household member reduced rate for City of Boulder resident	$5

COURSE CODE	ACTIVITY NAME	DATE	FEE

Please note any accommodations you may need to attend trips or classes:
_____
_____
_____

Subtotal	
Credit	
Total	

Payment: Check or Money Order Payable to City of Boulder ____
Visa ___ MasterCard ___ AmEx___ Discover_____

Card Number: _____ Exp. Date: _____

Signature: _____

Please let us know who you would like your **Emergency Contact** to be:
Name: _____
Phone: _____

REGISTRATION FOR FALL 2016

● Encore member registration begins Tuesday, August 9 by fax, online or in person.
● Non-Encore member registration begins Thursday, August 11 by fax, online or in person.

Note: Early registrations will not be accepted. No mail in registration.

● Phone-in registration begins Friday, August 12. Register online at www.boulderseniorservices.com.

Refund & Cancellation Policies

Classes and Activities: If you cancel an activity or class three or more business days prior to the event, full credit will be placed on the household account or a full refund given according to the initial method of payment. If a refund check is requested instead of account credit, please allow two weeks for processing. If you cancel an activity or class fewer than three business days prior to the event, no refund will be given.

A credit balance on the household account may be used to pay for other activities or events in the magazine or other advertised programs. If the household credit isn't used within six months, a refund will be issued according to the initial method of payment.

Day Trips: If you cancel a trip ten or more business days prior to the trip, full credit will be placed on the household account or a full refund given according to the initial method of payment. If a refund check is requested instead of a household credit, please allow two weeks for processing.
If you cancel a trip fewer than ten business days prior to the trip, no refund will be given.

Overnight Travel: Please refer to specific trip itinerary for Leisure West Tours and Cruises refund policies.

Massage and Reflexology: See page 15 for policy.

Encore Membership Policy: Trips, Classes and Programs:

Except where noted, the participant must be an active Encore member at the time of an event in order to register at the Encore price. Please be certain to enroll or renew the membership now to be eligible for the summer session.

● Be sure your registration form is accurate and complete. Incomplete forms take much longer to process.

● For courses and activities with a high level of interest, there is no guarantee of enrollment. A waitlist is available in these situations.

● Payment must be made at the time of registration. Make your check payable to "City of Boulder." Cash, Visa, Master Card, American Express and Discover are all accepted.

● Confirmation receipts are emailed upon registration. Please notify the front desk reception if you would like the receipt mailed.

● A $25 fee will be charged for returned checks.

● All programs are subject to cancellation if minimum enrollment numbers are not met.

● If an activity or class is cancelled by Senior Services, you will receive a full refund according to the initial method of payment. Note: Except for day trips, a credit may be requested.

● A household account credit will be given instead of a refund check for amounts less than $10.

Acknowledgement of Risk/Waiver of Liability

By registering for 2016 programs, I acknowledge that the activities carried on in these programs carry certain risks. These risks may include, but are not limited to, heart attack, stroke, circulatory problems, bone and joint injury, back injury, muscle strain and other muscle injuries, foot problems, head, neck and spinal injuries, altitude sickness, and heat stroke and heat exhaustion. I have independently reviewed and evaluated the risks and determined to engage in the programs with full knowledge and acceptance of the risks. If I choose to depart from the program itinerary I will inform the leader and release the City of Boulder from all liability; and participation in any program may be suspended until further notice. I may be photographed while utilizing the facility, or while participating in the City of Boulder's programs, and said photographs, or likeness of me, may be used to publicize activities as the city deems appropriate. I am aware of the activity level that is required of these programs and I believe that I am physically fit enough to participate.

Therefore, having read and understood this waiver and in consideration of your accepting my entry into a City of Boulder Senior Center facility or program, I for myself and anyone entitled to act on my behalf, waive and release the City of Boulder, all staff, volunteers, sponsors, and representatives from all claims or liabilities of any kind arising out of my participation in (or as a spectator of) any program or use of any facility. I further agree to indemnify, hold harmless and defend the City of Boulder and its officers, agents, employees and authorized volunteers form any and all claims by other parties resulting from injuries, damages, and losses caused by me arising out of, connected with, or in any way associated with the activities of the program.

WHERE TO REGISTER

West Senior Center	East Senior Center	Online:
909 Arapahoe Ave. Boulder, CO 80302 303-441-3148 Fax: 303-441-4149 Hours: 8 a.m. to 5 p.m.	5660 Sioux Drive Boulder, CO 80303 303-441-4150 Fax: 303-413-7495 Hours: 7:30 a.m. to 4:30 p.m.	www.boulderseniorservices.com, click on "online registration." Encore memberships cannot be bought or renewed online.

DANCE CLASSES

Baila - Let's Dance!

Come and enjoy a bilingual dance class offered in both Spanish and English. This class is open to everyone. The music will include lively selections from around the world with an emphasis on Caribbean, and Latin American styles. Work towards an optional dance demonstration for a special event on Oct. 26 at the East Senior Center. Instructor: Judy Kreith

Venga y disfrute de una clase de baila bilingüe. Esta clase es para todos. Habrá música de todo el mundo, con la mayoría de la música del Caribe y Latino America. Instructora: Judy Kreith

244134 - West Senior Center | Thursdays, Sep. 15 to Oct. 20 | six-week series | 1:15 to 2 p.m. | Encore Resident $18 | City Resident $23 | Encore Non-Resident $27 | Non-Resident $32 | Pre-registration required for series

Putting on the Ritz: Jazz Dance for Older Adults

Come and learn the fundamentals of this fun and invigorating dance style called jazz. This class begins with a slow and gentle warm up and stretch, and a fun and uplifting choreography for all. Dance props are available for use as participants dance their way through time with big band music from the 1940s all the way through popular music today. This class can also be done while seated. Work towards an optional dance demonstration for a special event on Oct. 26 at East Senior Center. Instructor: Judy Kreith, M.A.

244133 - East Senior Center | Tuesdays, Sep. 13 to Oct. 18 | six classes | 11:30 a.m. to 12:15 p.m. | Encore Resident: $24 | City Resident $30 | Encore Non-Resident: $36 | Non-Resident: $42

Ballroom Dancing

Join us for any part of this four-week dance session this summer at the East Senior Center. Every month features a different dance style. Each class includes a warm-up and no partner is required. Please register to reserve your space.

September – Swing & Waltz Review

Come enjoy a review of these lovely Ballroom Dances that keep dancers young at heart! No partner required. Instructor: Judy Kreith, M.A.

244132 - East Senior Center | Tuesdays, Sep. 6 to 27 | four-week series | 1 to 2 p.m. | Encore Resident $16 | City Resident $20 | Encore Non-Resident $24 | Non-Resident $28

October - Polka & Country Two-Step

Just in time for OctoberFest, come and learn Polka and Country Two-Step. No partner required. Work towards an optional dance demonstration for a special event on Oct. 27 at East Senior Center.

245934 - East Senior Center | Tuesdays, Oct. 4 to 25 | four-week series | 1 to 2 p.m. | Encore Resident $16 | City Resident $20 | Encore Non-Resident $24 | Non-Resident $28

November - Rumba & Cha Cha Cha

Let winter come because we will keep the heat up with these favorite Latin dances. No partner required. Vamos a Bailar!

245935 - East Senior Center | Tuesdays, Nov. 1 to 22 | four-week series | 1 to 2 p.m. | Encore Resident $16 | City Resident $20 | Encore Non-Resident $24 | Non-Resident $28

FITNESS CLASSES

T'ai Chi

T'ai Chi is a mind-body exercise utilizing slow, relaxed movement, a quiet mind, and deep, natural breathing that stimulates the flow of qi or chi (intrinsic energy). When qi flows harmoniously, the mind, body, and spirit are in balance, enhancing one's physical and mental well-being, relieving stress and improving health. Instructor: Steve Arney

T'ai Chi Level 1 – Beginning

Learn and review the basics, including breath, mental focus, postural awareness and correct mechanics of each move. Attention is given to relaxation, mind-body connection, and the first third of the 37-posture Yang short form.

244135 - East Senior Center | Fridays, Sep. 9 to Nov. 18 | 10 classes (no class Nov. 11) | 9:45 to 10:40 a.m. | Encore Resident $66 | City Resident $68 | Encore Non-Resident $76 | Non-Resident $78

T'ai Chi Level II - Intermediate

This class expands on what was learned in Level I Beginning class by continuing with the 37-posture Yang short form. Students must have completed Level I or been given instructor approval to enroll at this level.

244136 - East Senior Center | Fridays, Sep. 9 to Nov. 18 | 10 classes (no class Nov. 11) | noon to 1 p.m. | Encore Resident: $66 | City Resident $68 | Encore Non-Resident $76 | Non-Resident $78

245933 - Half Session - Select five of the classes in the Fall 2016 session | Encore Resident $33 | City Resident $34 | Encore Non-Resident $38 | Non-Resident $39

T'ai Chi Level III - Advanced

The Level III Advanced class will review and complete the entire 37-posture Yang short form. Students must have completed Level II or been given instructor approval to enroll at this level.

244137 - Full Session - East Senior Center | Fridays, Sep. 9 to Nov. 18 | 10 classes (no class Nov. 11) | 10:45 to 11:40 a.m. | Encore Resident $66 | City Resident $68 | Encore Non-Resident $76 | Non-Resident $78

244138 - Half Session - Select five of the classes in the Fall 2016 session | Encore Resident $33 | City Resident $34 | Encore Non-Resident $38 | Non-Resident $39

Better Balance and Strength

This six-week series will incorporate strengthening core and leg muscles which are essential to maintaining balance and preventing fall-related injuries. Resistance bands, tubing with handles, light weights and hand-held balls are used while concentrating on posture, flexibility and coordination. No floor work; chairs are available for safety and/or to use as props, as needed. Instructor: Maryann Brunson

244147 - East Senior Center | Thursdays, Sep. 8 to Oct. 13 | 6 classes | 11:30 a.m. to 12:15 p.m. | Encore Resident $24 | City Resident $30 | Encore Non-Resident $36 | Non-Resident $42

Building Blocks for Better Balance, Strength and Flexibility

This class will incorporate techniques that align the body through focused awareness from head to toe. Breathing techniques will be introduced in order to connect the mind and body for increased awareness. Stretching techniques will be utilized for better balance, flexibility and injury reduction. Additionally, conditioning through simple resistance training exercises will also be utilized to strengthen the body for better control of movement. Instructor: Linda Manchester

*244141 - West Senior Center | **Mondays**, Sep. 12 to Nov. 28 | 11 to 11:45 a.m. | 12 classes | Encore Resident $36 | City Resident $45 | Encore Non-Resident $54 | Non-Resident $63*

*244142 - West Senior Center | **Wednesdays**, Sep. 7 to Nov. 30 | 11 to 11:45 a.m. | 13 classes | Encore Resident $39 | City Resident $49 | Encore Non-Resident $58 | Non-Resident $68*

Seated Restorative Yoga

Seated, restorative yoga is designed to restore both body and mind to a natural state of balance. The student is guided through breathing techniques, meditation, visualization and movements specifically designed to reduce stress, nurture and heal.
Instructor: Linda Manchester

244140 - West Senior Center | Fridays, Sep. 2 to Nov. 18, 11 a.m. to noon | 11 classes (no class Nov. 11) | Encore Resident $33 | City Resident $42 | Encore Non-Resident $50 | Non-resident $58

Weight Room Training for Older Adults

Join this class to learn safe weight training protocols specifically designed for older adults. Build muscular strength and endurance and improve flexibility, balance and coordination while using free weights and machines in the weight room. Emphasis is on safety, posture, body control and awareness.
Instructor: Chris Hedman, East Boulder Community Center Weight Room

244143 - 1st Session (morning): Tuesdays and Thursdays | Sep. 6 to Oct. 13 | 12 classes | 11 a.m. to noon | City Resident $55 | Non-Resident: $65

244144 - 1st Session (afternoons): Tuesdays and Thursdays | Sep. 6 to Oct. 13 | 12 classes | 2 to 3 p.m. | City Resident $55 | Non-Resident $65

244145 - 2nd Session (morning): Tuesdays and Thursdays | Oct. 18 to Nov. 29 (no class Nov. 24) | 12 classes | 11 a.m. to noon | City Resident $55 | Non-resident: $65

244146 - 2nd Session (afternoons): Tuesdays and Thursdays | Oct 18 to Nov. 29 (no class Nov. 24) | 12 classes | 2 to 3 p.m. | City Resident $55 | Non-resident: $65

55+ Functional Fitness Assessment

This FREE fitness assessment is specifically designed for adults age 55 and older. Various tests provide information and feedback to participants regarding their health and skill-related fitness components. Participants can combine an initial baseline assessment with a follow-up assessment to see changes in physical performance over time. Pre-registration is required. Call 303-441-4150.

East Senior Center | Fridays, by appointment | 12:45 to 1:45 p.m. | No charge

THE ENCORE PROGRAM FOR ACTIVE ADULTS

Encore is an optional membership program for adults age 55 and older.

Be sure to provide us with your email address when you register to be added to our listing for reminders and updates, or call the Program Coordinator at 303-441-3915

Membership fees need to be renewed annually by the anniversary of the date of purchase.

Benefits:

- ► Priority registration
- ► Discounts on fitness punch cards and fitness classes
- ► Free Birthday Lunch from Café Classico

Encore Fees:

Resident ..... *$20 Individual*
$10 second person at same address
Non-Resident ..... *$25 Individual*
$10 second person at same address

ACTIVE MINDS FOR LIFE

Active Mind events are free, however please register in advance to ensure a seat.

Sponsored by the CARILLON AT BOULDER CREEK

The Supreme Court

The unexpected death of Antonin Scalia has created a charged political environment with the presidential election cycle in full swing and the future of a divided court hanging in the balance. Active Minds examines filling a vacancy on the highest court in the land while looking at past confirmations in order to better understand the intricacies of the process.

244532 - West Senior Center | Monday, Sep. 12 | 11 a.m. to noon | Free

The Refugee Crisis

Millions of refugees are fleeing from danger zones in Syria, Iraq, and elsewhere, creating a humanitarian crisis of epic proportions. Many are dying in transit and the nations receiving them are overwhelmed. Active Minds explores how the refugees and the international community are struggling to cope with these challenges.

244535 - East Senior Center | Monday, Sep. 26 | 3 to 4 p.m. | Free

Cybersecurity

With growing global computer and Internet technology, the risks of potential terrorist attacks and criminal activity compromising the security of these networks has increased. Active Minds looks at how both governments and the private sector are responding to these risks and threats while examining the potential impact on U.S. international relations.

244533 - West Senior Center | Monday, Oct. 10 | 11 a.m. to noon | Free

Sponsored by Balfour Senior Living

Winston Churchill

As one of the key architects of the Allied victory in World War II, Winston Churchill is widely regarded as one of the most important political leaders of the 20th century. Active Minds examines Churchill's life before becoming Prime Minister, his years in the job, and his lasting impact on his country and the world.

244536 - East Senior Center | Monday, Oct. 24 | 3 to 4 p.m. | Free

Peace in Northern Ireland

In July, 2005, the Irish Republican Army announced the end of its armed campaign and called on its supporters to use "exclusively peaceful means." Despite deep differences, many of which remain unresolved, a fragile peace appears to have taken root in the region. Active Minds explores the historical causes of "the Troubles" in Ireland as well as the potential for a lasting end to the violence.

244534 - West Senior Center | Monday, Nov. 14 | 11 a.m. to noon | Free

Australia

Australia, or The Land Down Under, is a country, an island and a continent. It is a land of diverse physical beauty, unique wildlife with many historical similarities to the United States. Active Minds explores the history and landscape of this key U.S. ally, reviewing Australia's beginnings as a prisoner settlement, its role in numerous global conflicts and its modern challenges to protect its unique features.

244537 - East Senior Center | Monday, Nov. 28 | 3 to 4 p.m. | Free

SEMINARS AND CLASSES

Tea Dance

Dance in a spacious ballroom with a fine hardwood floor to live music. The music is provided by Tom Yook, a favorite of Boulder dancers. Tom plays ballroom, rhythm, and Latin dance styles. Afterwards, a potluck snack, buffet style is provided by the attendees. Usually held on 1st and 3rd Fridays each month, there some date changes in October.

East Senior Center | Sep. 2, 16, Oct. 14, 21, Nov. 4, 18 | 2 to 4 p.m. | Drop-in fee of $5 per person (no pre-registration required)

From Age-ing to Sage-ing®: Celebrating Elderhood

Building on the teachings of Reb Zalman Schachter Shalomi and his book From Age-ing to Sage-ing, this class invites participants to embrace life and live their elder years more consciously, more joyfully, and more compassionately, while offering powerful contemplative tools for gathering and giving expression to the wisdom of their own ripening lives. Instructors: Rosemary Lohndorf, M.A. and Ori Har, Rabbi

246885 - East Senior Center |Tuesdays, Sep. 13 to Oct. 25, 7 classes | 10 a.m. to noon | Resident $65 | Non-Resident $75 (price includes workbook)

Art and Spirituality: A Multi-Cultural Investigation

The course will explore, pictorial, sculptural and architectural expressions of spirituality from several cultures and historical periods. The focus begins on Europe during the Renaissance and Counter-Reformation, but will pivot to America and Asia in the latter part of the course, and explore the various connotations and artistic expressions of the notion of spirituality. The class format will be a mixture of lecture and discussion. Artists under consideration will include both well-known, lesser-known, and anonymous figures. Instructor: Peter Lynch

246260 - West Senior Center | Mondays, Sep. 19 to Oct. 17 | 5 classes | 10 to 11:15 a.m. | City Resident $10 | Non-Resident $15

Sugar Skull Workshop - Taller de Calaveras de Dulce

Sugar Skulls, Calaveras in Spanish, are decorations for Day of the Dead celebrations. The candy skulls represent the souls of the departed. Participants will learn the recipe and how to make and mold these delicate decorations. The Sugar Skulls will be on display at the Day of the Dead Dance. Everyone is invited to participate in this multi-cultural event.

Calaveras se usan como decoraciones para el Día de Los Muertos. La calavera representa las almas de los que han muerto. En este taller, aprenderá la receta y como hacer las calaveras. Las calaveras se usaran como decoración par el baile del Día de los Muertos.

246383 - East Senior Center | Monday, Oct. 24 | 1 to 3 p.m. | Fee: $5

246383 - Centro Este para Personal Mayores | Lunes, 24 de Octubre | 1-3 p.m. | $5

Day of Dead Dance - Baila del Día de los Muertos

Día de los Muertos, also known as All Souls Day, is a festive multi-day holiday in Mexico. The holiday focuses on gatherings of family and friends to pray, remember, and celebrate the spirits of friends and family members who have died. Join this joyous celebration with dance demonstrations from senior Baile and ballroom dance groups. Participants are invited to stay and dance to live music at the end of the presentations. Refreshments will be served. Please register to ensure we have enough food. Everyone is invited to participate in this multi-cultural event.

Día de los Muertos se celebra en muchas partes de México. Es una celebración donde amigos y familiares se juntan para rezar, recordar, y celebrar los espíritus de sus amigos y familiares que han muerto. Venga y disfrute de nuestros dos grupos de baile. Habrá música en vivo y comida. Por favor de reservar su lugar para asegurar que haiga suficiente comida.

246382 - East Senior Center | Thursday, Oct .27 | 1 to 3 p.m. | Free

246382 - Centro Este para Personal Mayores | Jueves, Oct . 27 | 1-3 p.m. | Gratis

Contemplative Living

Participants will meet the first Thursday of each month to discuss the writings of Thomas Merton and his contemporaries in order to discover how they relate to our own experience of being more present moment-to-moment in our daily lives. Come with an open mind and a willingness to share. Registration is requested. Facilitator: James Kettering

245452 - West Senior Center | Thursdays, Sep. 1, Oct. 6 and Nov., 3 | 10 to 11:30 a.m. | Free

Simple Healthy Meals- How to Cook Without Really Cooking

In this class, participants will learn how to enhance many pre-prepared foods by using easy-to-prepare vegetables. Other techniques such as experimenting with ready-made whole grain products and using pre-made healthy sauces will also be explored. Learn how to affordably identify and buy healthy convenience food. Taste and enjoy some samples demonstrated in the class. Sponsored by Boulder Seniors Foundation and Meals on Wheels Boulder.

246459 - West Senior Center | Thursday, Sep. 15 | 1 to 2:30 p.m. | Free

Anyone Can be a Storyteller

Many people have stories to share that stem from personal memories and events. Participants will learn techniques to awaken memories that can shape and inform stories in this relaxed and fun class. Participants will come away from this class with tools to help create stories. Instructor: Ann Cress

245444 - West Senior Center | Tuesday Sep. 27 to Nov. 1 | 10 a.m. to noon | Fee: $30

Effective Communication Skills: Part 1

In this workshop, students will learn how to become better listeners and communicate with confidence. Instructor will also demonstrate tools to effectively handle situations that may now seem difficult or impossible. Instructor: Jerry Podgorski, M.A.

246446 - West Senior Center | Monday, Oct. 17 | 1:30 to 4 p.m. | City Resident $10 | Non-Resident $12

Effective Communication Skills: Part 2

In Part 2 of this workshop, students will have a chance to practice newly learned skills from Effective Communication Part 1 as well as learn additional strategies for effective communication and better listening. Instructor: Jerry Podgorski, M.A.

246447 - West Senior Center | Monday, Oct. 31 | 1:30 to 4 p.m. | City Resident $10 | Non-Resident $12

American Mah Jongg for Beginners

Learn to play American Mah Jongg, a game of both skill and luck. Gain a basic understanding of the game's fundamentals and some basic strategies to enjoy the game. Instructor: Donna Mayo

245482 - West Senior Center | Fridays, Sept. 16 to Oct 7, 4 classes | 9 to 11:30 a.m. | City Resident $92 | Non-resident $97

Mah Jongg Beginners Lab

Take advantage of additional time to practice newly learned skills from American Mah Jongg for Beginners. Join this guided Mah Jongg lab after completing the American Mah Jongg class to get extra practice time.

245483 - West Senior Center | Friday Oct. 14 to 28, 3 classes | 9 to 11 a.m. | City Resident $14 | Non-resident $16

Advanced Beginner Bridge

This 10-week course, featuring the Standard American Bidding System, is designed for all levels of bridge players. Learn to play better bridge and enjoy one of the most entertaining card game around. $10 Materials fee paid to instructor the first day of class. Instructor: Sandy Koller

246448 - East Senior Center | Wednesdays, Sep. 14 to Nov. 16 | 10 classes | 10 a.m. to 12:30 p.m. | City Resident $55 | Non-resident $65

Advanced Bridge

Improve bridge skills while having fun by building on the fundamentals taught in the beginning and intermediate bridge classes. Gerald Mitchell will cover topics such as Michaels Cuebid, Unusual NT, Texas transfer, Jacoby 2NT, Negative Doubles, Support Doubles, RKC, etc. Feel free to request additional topics from the instructor. There will be no instructor-led classes from Oct. 1 to Nov 8. Class will continue with self-guided play during that time. Instructor: Gerald Mitchell (Mitch), ACBL certified Teacher, Director and Club manager.

246449 - East Senior Center | Tuesdays, Sep. 6 to Oct. 11 and Nov. 15 to 29 | 9 classes | 1:30 to 3:30 p.m. | City Resident $50 | Non-resident $55

Duplicate Bridge Strategies for Intermediate and Advanced Bridge Players

Beginning with an introduction to match-point scoring, this course emphasizes the basic principles and strategies of Tournament Bridge. Topics include competitive bidding, basic card combinations, defensive signals, popular bidding conventions, plus an explanation of common mistakes and misconceptions. Because this is a fairly intensive course, participants should contact the instructor prior to registering if they are unsure of their qualifications. Contact Front Desk Staff for instructor contact information. Instructor: David Corbin, ACBL accredited, Silver Life-Master.

245453- East Senior Center | Tuesdays, Sep. 13 to Nov. 15 | 10 classes | 12:30 to 4 p.m. | City Resident $50 | Non-resident $60

BOULDER WALKS

Civic Area Walking Tours Past, Present and Future

The downtown Civic Area is rich with stories from the past and present. Join a Park Ambassador for a journey through the area while the history and newly-proposed plans for the future are discussed. Walkers will meet at the West Senior Center lobby for a brief introduction. At the conclusion of the walk, participants can enjoy a lunch on their own at Café Classico.

Walking themes:

246440 – **Sep 6**: Boulder's Sister City Project

246441 – **Oct 4**: Architecture, Historic Landmarks and future development

246442 – **Nov 1**: Nature as part of the Civic Area

West Senior Center Lobby | Tuesdays, Sep 6, Oct 4 and Nov 1 | 11:15 to 11:45 a.m. | Free

Get Outside With Boulder Walks

On Tuesday mornings enjoy fresh air and exercise with a free 30-minute walk with GO Boulder's Boulder Walks program. This gentle walking series is produced in partnership with Denver-based Walk2Connect. Walkers will explore the neighborhoods around the West Senior Center on guided routes with trained Walking Movement Leaders. Walks end in time for participants to have an optional lunch at Cafe Classico on their own. Registration is encouraged, but not required. Be sure to bring water, a jacket, sun protection, and wear comfortable shoes.

Sign up to participate or to help lead walks by contacting Boulder Program Director Darcy Kitching at 303-250-2436 or darcy@walk2connect.com.

246443 - West Senior Center | All Tuesdays of the month except first Tuesday | 11:15 to noon | Free, registration recommended

Walking Wednesdays with the City of Boulder's Staff

Join Ellen Orleans and other city specialists for Walking Wednesdays. These walks are casual and upbeat and highlight different aspects of downtown Boulder. Walkers gather at noon by the shuffleboard courts, just west of the New Britain Building. The walks vary from easy to moderate in length and difficulty. Please bring water, a hat, a snack, a coat if needed and comfortable shoes. No registration required. Contact Ellen Orleans at 303-921-2400 if you have questions about this walk or about mobility issues. Walking Wednesdays concludes at the end of October.

Shuffleboard courts west of New Britain Building, 1101 Arapahoe Avenue | 12:10 p.m. | Free

ARTS AND CRAFTS CLASSES

Make Unique Handmade Gifts for Family and Friends

Pewter Cast Hummingbird

In this class, participants will learn how to cast a lead-free pewter hummingbird and flower starting with rubber molds. Other subject areas in include sculpting and molding techniques, metallurgy, and mining techniques. Each student will leave class with two beautiful pewter pieces. Instructor: Don Norris

245445 - West Senior Center | Wednesday, Sep. 28 | 1 p.m. to 4 p.m. | City Resident $50 | Non-resident $60

245446 - West Senior Center | Wednesday, Nov. 30 | 1 p.m. to 4 p.m. | City Resident $50 | Non-resident $60

Pine Needle Casting

In the Pine Needle Casting class students will create a silver pendant using pine needles as the form. After the silver is poured on the needles and cooled, the needles are removed to reveal an original piece of jewelry. The instructor will solder a bail onto the pendant so that is can be worn on a chain. Instructor: Don Norris

245447 - East Senior Center | Wednesday, Oct. 12 | 12:30 to 3:30 p.m. | City Resident $60 | Non-resident $65

Simple Rock Wrapping

Learn how to use silver and copper to make simple pendants and necklaces using wire bending techniques, stones and the Rock Wraps© technique. Each student will make two sterling silver wrapped pendants and some copper pieces of their choice. Instructor: Don Norris

245448 - West Senior Center | Wednesday, Oct. 26 | 1 to 4 p.m. | City Resident $50 | Non-resident $60

Simple Silversmithing

Join instructor Don Norris to learn how to design a sterling silver pendant and choose from a variety of stones. Don will help students design the pendant, as well as performing any needed soldering, stone-setting and polishing. Students will be able to leave class wearing their pendant on a 20-inch sterling silver chain. Instructor: Don Norris

245449 - West Senior Center | Wednesday, Nov. 2 | 1 to 4 p.m. | City Resident $50 | Non-resident $60

Round Robin Art Journals Start a Family Tradition This Fall

Join Marty Wallace for this creative journaling class. Students can register with friends and family or as an individual. Groups of five are formed and a theme is chosen. Students may choose to discuss their thoughts and process while creating journal entries. Journals are shared and passed among group members for inspiration. Students will receive their own journals back with collaborative art entries from group members. Students are encouraged to use various art techniques to embellish their journals at home between classes. No class Nov 11. Instructor: Marty Wallace

245450 - West Senior Center | Friday Oct 7 to Nov. 18 | 6 classes | 12:30 to 1:30 p.m. | City Resident $15 | Non-Resident: $20

How to Paint with Pastels

Through a structured approach to painting landscapes, participants in this class will discover the luminous and forgiving medium of pastels. Cheryl Whitehall will present design elements such as value, composition, and color as well as many other ways to use pastels. Day one is dedicated to the study of different papers, pastels, and ancillary materials. Day two will explore value and depth. And day three will cover composition and color. Email Cheryl for the supply list cheryl@cherylwhitehall.com. Instructor: Cheryl Whitehall

245451 - West Senior Center | Wednesday, Oct 5 to 19 | 3 classes | 9:30 a.m. to 1 p.m. | City Resident $70 | Non-Resident: $80

COMPUTER CLASSES

Understanding and Using Apps for your Smartphone and Tablet

Mobile apps for smartphones and tablets can be fun and convenient. They are easy to download and often free. This class will explore mobile app basics for both Apple and Android devices and will include an overview of popular apps for older adults as well as cost and safety issues to consider such as the type of information apps may gather from your device. Class style is demonstration; a handout will be provided. Instructor: Diana from Silver Surfers

246450 - West Senior Center | Wednesday, Sep. 14 | 1:30 to 3:30 p.m. | Fee: $15

Introduction to Popular Health and Wellness Mobile Apps

Both Apple and Android have app stores that are constantly updated with new apps for the smartphone and tablet. This class will show participants how to unlock the potential of the smartphone or tablet through the exploration of fitness, mind and brain, medical, food/nutrition and overall health apps for both Apple and Android devices. Class is demonstration style; a handout with app descriptions will be provided. Instructor: Diana from Silver Surfers

246451 - West Senior Center | Wednesday, Oct. 19 | 2 to 4 p.m. | Fee: $15

Exploration of Educational and Entertaining Mobile Apps

Some of the best mobile apps can provide an engaging world of entertainment and enrichment. This class will explore entertainment, games, music, news and book apps for both Apple and Android devices. Class is demonstration style; a handout with app descriptions will be provided. Instructor: Diana from Silver Surfers

246452 - West Senior Center | Wednesday, Nov. 9 | 1:30 to 3:30 p.m. | Fee: $15

SPECIAL EVENT

Aging with Grace and Gratitude: A Workshop with David Chernikoff

In this workshop, participants will explore the amazing capacity human beings have for embracing all of the joys, challenges, mysteries, and insights that unfold in the process of becoming a wise and loving elder. The program includes short talks, interactive exercises, guided meditations, and opportunities for sharing with like-hearted people. In a supportive learning community, participants will face the suffering in their lives as well as celebrate the richness, joy, and wholeness of spiritual maturity. David Chernikoff, M.Div., L.C.S.W., is a meditation teacher, spiritual counselor, and psychotherapist who has taught meditation and psychology at Naropa University for many years. He has taught aging and awakening programs throughout the U.S. as well as in Canada and Ireland.

245538 - East Senior Center | Saturday, Nov. 19 | (registration 8:30 a.m.) 9 a.m. to 3 p.m. (includes lunch) | Resident: $50 | Non-Resident: $60 | (limited scholarships available, please contact 303-441-4388 to inquire)

INTERGENERATIONAL EVENT

Mad Science Machines

Sponsored by the Boulder Seniors Foundation.

A Science and Technology Event for Parents, Grandparents and children in K-6th grades

Join the workshop during Thanksgiving break to see how simple machines can lighten a load. In this hands-on workshop, participate on teams with other peer engineers. Have fun problem-solving, designing, and testing your creations. Build and take home a drag race car. Light refreshments will be served.

246384 - West Senior Center | Monday, Nov. 21 | 10 to 11 a.m. | Fee: $5

CHAUTAUQUAN SERIES

Step back in time and relive exciting periods in history through this entertaining living history program sponsored by the Boulder Seniors Foundation. This Fall, the Chautauquan Series highlights Irena Sendler and Eleanor Roosevelt.

Irena Sendler -Presented by Judy Winnick

As a Polish, Catholic social worker during World War II, Irena Sendler, called the "Angel of the Warsaw Ghetto" repeatedly risked her life to save others by providing aid to Jews as part of the Polish underground. With ingenuity, calmness and courage, she was responsible for rescuing 2,500 Jewish children from the Warsaw Ghetto. She provided them with new homes, false identities, forged documents, and kept the only record of the children in hiding.

246483 - West Senior Center | Thursday, Sep. 8 | 12:45 to 1:45 p.m. | Free

Eleanor Roosevelt presented by Susan Marie Frontczak

Meet first lady Eleanor Roosevelt. In the 1920's Eleanor worked to advance minimum wage, define maximum working hours, change and create laws regarding child labor, championed women's rights, and more. When her husband, FDR, was installed in office in 1933, she held a press conference for women reporters only. She often served as her husband's "eyes and ears" across the United States by inspecting factories, inner city tenements, and military camps when he was unable to do so. She emerged as one of the 20th century's most influential women.

246482 - West Senior Center | Thursday Oct. 20 | 12:45 to 1:45 p.m. | Free

HELPFUL TIPS FOR DAY TRIPS

All trips will leave from the East Community Center, located at 5660 Sioux Drive in Boulder, unless otherwise noted. For Monday through Friday trips, check in with the trip escort in the lobby of the Senior Center. For weekend trips, check in with the trip escort in the Recreation wing lobby. Please register by published deadlines in trip descriptions. Boulder Senior Services reserves the right to cancel any trip if minimum registration is not met.

Travel Tips

- For individuals with a disability or functional limitation, please let us know when you register if you will need accommodations. We will try our best to comply. Please ask before registering if you have questions about the physical demands of the trip.
- Check in with the escort at the designated location.
- Please arrive at least 15 minutes before trip departure so that everyone can be checked in, boarded on the bus and the trip can depart at the designated time.
- Be prepared to share a bench as most of our trips run full.
- Return times are approximate. We cannot anticipate when delays may occur.
- If you need to cancel a trip on the day of the event, please call either the East Center at 303-441-4150 or the West Center at 303- 441-3148. Both centers are open by 8 a.m. Monday through Friday, except holidays and closures, and staff will be able to contact the trip escorts and inform them of your cancellation. There is no guarantee of refunds.
- Wheelchair Accessible: A limited number of spaces are available for wheelchairs.

Phantom of the Opera at the Buell Denver

Cameron Mackintosh's new production of Andrew Lloyd Webber's phenomenal musical success, The Phantom of the Opera, is a brand new North American tour. This Phantom features new scenic design by Paul Brown, new choreography by Scott Ambler, and a new staging by director Laurence Connor. The production boasts many special effects including the show's legendary chandelier. Songs are performed by a large cast and orchestra of 52.

246290 - Tuesday, Sep. 6 | 6 to 11:15 p.m. | City Resident $62 | Non-Resident $67 | Fees include senior services bus transportation, escort, admission fee. Food and drink are on your own at theatre concessions.

Denver History Tours- From Airport and Army to Neighborhood

Stapleton, Lowry and Fitzsimons are three names that used to mean something very different to Denver residents. Stapleton was the airport, Lowry was an air force base, and Fitzsimons was an army medical center. Denver History Tours presents a tour of these three areas of Denver showing their past and present. Lunch stop own your own.

246291 - Friday, Sep. 9 | 10 a.m. to 4 p.m. | City Resident $34 | Non-Resident $39 | Fees include senior services bus transportation, escort, guided tour by Denver History Tours. Food and drink are on your own.

Boulder Dinner Theatre: "Mid Life 2"

The follow up to the MID-LIFE! The Crisis Musical, MID-LIFE 2! returns to middle age once again with a tuneful look at the aches, pains, and joys of getting older. From increasing trips to the doctor's office, to the moment when one qualifies for a senior discount, the growing legion of aging Baby Boomers are sure to see their lives reflected in this witty musical.

246292 - Sunday, Sep. 11 | 5:15 to 9:30 p.m. | City Resident $50 | Non-Resident $55 | Fees include senior services bus transportation, escort, dinner entrée, coffee, tea or soda, admission. Dessert, appetizers and alcoholic drinks are on your own.

Lazy B Chuck Wagon BBQ and Show- Estes Park

The Lazy B Wranglers deliver a delightful mix of cowboy music, skits and humor, accompanied by an authentic cowboy dinner of brisket and pork. The Lazy B was a staple in Estes Park for 40 years and after a 10-year break, it is back.

246293 - Friday, Sep. 16 | 4:45 to 9:15 p.m. | City Resident $74 | Non-Resident $79 | Fees include senior services bus transportation, escort, dinner entrée, side dishes, brownie, coffee, tea or soda, music and entertainment. Dessert, appetizers and alcoholic drinks are on your own.

Baseball Game: Colorado Rockies vs San Diego Padres

Enjoy the last few weeks of summer by watching the Rockies compete against the Padres.

246294 - Sunday, Sep. 18 | City Resident $51 | Non-Resident $56 | Fees include senior services bus transportation, escort, entrance to game. Food and drink are on your own at concession stands.

Tour Denver's Continental Sausage, Inc.

Continental Sausage, Inc. offers an array of traditional, authentic, old-world, European-style charcuterie known as CharcutNuvo. Tour the facility to learn about the craft of smoking, curing, salting or drying meats, sausages, pâtés, bacons, pastramis, frankfurters and confits using only all-natural, family-farmed meats raised with no antibiotics or added hormones. The Colorado-based team proudly honors their Swiss family's four generations of charcuterie artisanship. Lunch, on your own, at Katie Mullen's Irish Pub.
Time left for shopping after lunch.

246295 - Thursday, Sep. 29 | 9:30 a.m. to 3:15 p.m. | City Resident $24 | Non-Resident $29 | Fees include senior services bus transportation, escort, tour of sausage factory. Food and drink are on your own.

Homesteaders' Day at the Golden History Museum

Experience 19th century homesteading, explore the historic cabins, learn about blacksmithing, and take a lesson at the Golden History Museum's schoolhouse. Explore the historic building and grounds while costumed docents provide a rich, living history experience. Participate in hands-on demonstrations and exhibits. Lunch stop on your own in Old Town Golden.

246296 - Saturday, Oct. 1 | 9 a.m. to 3:45 p.m. | City Resident $30 | Non-Resident $35 | Fees include senior services bus transportation, escort, entrance into the Golden History Museum. Food and drink are on your own.

Cabaret at the Buell in Denver

Welcome to the infamous Kit Kat Klub, where the emcee, Sally Bowles, and a raucous ensemble take the stage nightly to tantalize the crowd into leaving their troubles outside in Sam Mendes' and Rob Marshall's Tony Award-winning production of Cabaret. Will the decadent allure of Berlin nightlife be enough to get this group through the dangerous times ahead as life in pre-WWII Germany grows more and more uncertain? Hear memorable songs from theater history, including "Cabaret," and "Maybe This Time."

246297 - Tuesday, Oct. 4 | 6 to 11:15 p.m. | City Resident $62 | Non-Resident $67 | Fees include senior services bus transportation, escort, admission to the play. Food and drink are on your own at theatre concessions.

Bass Pro Shop and Islamorada Fish Company Restaurant

The Bass Pro Shop is a 180,000-square foot building that is part museum, part art gallery, and part education center. The largest aquarium in the aquatics exhibit holds 22,000 gallons of fresh water and is stocked with trout, sturgeon, blue gill, and walleye. The second largest aquarium is a salt water tank located in the Islamorada Fish Company restaurant and is stocked with cat sharks, and French angel. Enjoy the free, three-hour intro to fly fishing class (limited spots). Browse other shops at the outdoor Northfield mall. Suggested registration by Aug 29. Please inform staff if you desire the fly fishing class.

246298 - Saturday, Oct. 8 | 9 a.m. to 2:30 p.m. | City Resident $30 | Non-Resident $35 | Fees include senior services bus transportation, escort, entrance, fly fishing class. Food and drink are on your own at Islamorada Fish Company or another restaurant in Northfield Shopping Mall.

Antique and Vintage Show at the Denver Mart

Between 85-110 antique & vintage dealers from around the U.S. have traveled the globe to find new and interesting items to bring to the Antique and Vintage Show at the Denver Mart. Each dealer changes merchandise between shows. Lunch at Cinzetti's Italian Buffet, on your own, following the antique show.

246332 - Friday, Oct. 14 | 9:45 a.m. to 2:30 p.m.| City Resident $34 | Non-Resident $39 | Fees include senior services bus transportation, escort, entrance into the Antique and Vintage Show. Food and drinks are on your own.

Comedy Show at the Denver Improv

Broadway producer Budd Friedman founded the now legendary franchise in 1963. The club's first comedian, Dave Astor, performed on a whim to try out new material. The stand-up set was a hit and led to the venue's transformation into a full-blown comedy club. Denver Improv hosts a full calendar of well-known comics and promising new talent. The audience can enjoy the show while dining on potato skins and pulled pork sandwiches, while sipping a cocktail. Two-item minimum purchase. Scheduled comedian TBD.

246333 - Thursday, Oct. 20 | 6 to 9:45 p.m. | City Resident $48 | Non-Resident $53 | Fees include senior services bus transportation, escort, admission to the comedy show. Food and drink are on your own in the Northfield Shopping Mall.

Denver History Tours: Food

This tour is all about the food. Join Kevin of Denver History Tours to explore various specialty shops where hard-to-find and unusual food items will appeal to diverse palates. The tour will also include fine dining, on your own, while exploring global choices rather than just the basics of Americana.

246334 - Friday, Oct. 28 | 10 a.m. to 4 p.m. | City Resident $33 | Non-Resident $38 | Fees include senior services bus transportation, escort, tour with Kevin as the guided escort. Food and drinks are on your own.

Topgolf-Centennial

Topgolf in Centennial is a new three-story golf entertainment complex with a covered 240-yard outfield and 102 climate-controlled hitting bays. Golfers keep score with microchipped golf balls. Anyone from a pro golfer to a complete novice can enjoy Topgolf. Lunch on your own at View House following golf. No need to bring any golf clubs as they are provided.

246335- Friday, Nov. 4 | 9 a.m. to 2:45 p.m.| City Resident $66 | Non-Resident $71 | Fees include senior services bus transportation, escort, Topgolf admission for 2 hours of play. Food and drink are on your own at Topgolf or View House

Afternoon Tea at the Brown Palace-Denver

No visit to the Brown is complete without experiencing the long-standing tradition of afternoon tea in Denver. The Brown Palace Signature Tea is complete with tea pastries, scones and tea sandwiches. With Devonshire cream shipped directly from England and the soft sounds of a harpist or pianist floating in the air, this is truly an experience you won't soon forget.

246336 - Thursday, Nov. 10 | 11 a.m. to 3:45 p.m.| City Resident $70 | Non-Resident $75 | Fees include senior services bus transportation, escort, Brown Palace Signature Tea, service, gratuity.

Denver Art Museum Presents Star Wars and the Power of Costume

Take a journey into the Star Wars™ universe with more than 60 original costumes. Examine the process of costume design for iconic outfits featured in all seven films. Watch the designers, actors, and George Lucas through exhibit videos. Experience the world's most recognized cinematic costumes, including Queen Amidala, Chewbacca, X-Wing Pilots, C-3PO and R2-D2. The exhibit goes beyond the chronological, literary, or film order, instead focusing on the essence of George Lucas' vision and the challenge of translating his iconic characters into reality.

246337 - Thursday, Nov. 17 | 11 a.m. to 5:45 p.m. | City Resident $52 | Non-Resident $57 | Fees include senior services bus transportation, escort, admission to the Denver Art Museum and Star Wars Costume Exhibit. Food and drink are on your own in Cherry Creek Mall area.

Boulder Dinner Theatre-Thoroughly Modern Millie

Thoroughly Modern Millie, winner of six Tony Awards looks back to the height of the Jazz Age in New York, when "moderns", including flapper Millie Dillmount, were bobbing their hair, raising their hemlines, and entering the workforce. In this production, young Millie comes to The Big Apple in search of a new life with the grand plan to find a job working for a wealthy man and then marrying him. However, her plan goes completely awry when the man she actually falls in love with doesn't have a dime to his name.

246338 - Tuesday, Nov. 22 | 5:15 to 9:30 p.m.| City Resident $50 | Non-Resident $55 | Fees include senior services bus transportation, escort, admission to the play, dinner entrée, coffee, tea or soda. Appetizers, dessert and alcoholic drinks are on your own.

Holiday Shopping at the Castle Rock Outlet Shops

Kick off the holiday shopping season at the Castle Rock Outlet Shops. This is the largest open-air outlet center in Colorado, with over 100 brand-name stores featuring 30% to 70% off retail prices. Brands include Coach, Polo, Ralph Lauren, Tommy Hilfiger, American Eagle and more. If the group is larger than nine people, all registrants will receive a gift bag, VIP savings card, and $5 gift card.

246339 - Tuesday, Nov. 29 | 8:45 a.m. to 3 p.m. | City Resident $32 | Non-Resident $37 | Fees include senior services bus transportation, escort. Food and drink are on your own at the Outlet's food court.

GUARANTEED DEPARTURE TRIPS

Leisure West offers "Guaranteed Departure" of these trips and many other trips during the year.
Please book early since many of these trips sell out.

For more information, itineraries, prices, etc., please call 303-441-3915.

Fall 2016 and Winter 2017

Railroad Engineer: The Ultimate Experience	5 days
Grand Tour of Sicily	9 days
Masterpieces, Music & Mansions	7 days
Christmas in the Rockies	3 days
New Years at Manitou Hot Springs	5 days
Cherry Blossom Spring Fling in Washington DC	9 days

Ask About Our Special Offers

RELAX ✿ REGROUP ✿ REFRESH

A HOLIDAY FOR BOTH OF YOU

Short-term Respite Stay for Seniors

Senior and Caregiver alike can rest in the confidence of our loving care.

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Nashville's Opryland Hotel New Year Celebration
Dec. 30, 2016 – Jan. 3, 2017

Stay at the extraordinary Opryland Hotel with luxurious rooms and first class entertainment. Enjoy nine acres of indoor gardens with a temperature of 70 degrees year-round! Day tours include Country Music Hall of Fame and Johnny Cash Museum. Enjoy fabulous New Year's Eve dinner party on the General Jackson Showboat. Most meals included. Price: Double $1,425 per person; Single$1,940. Does not include airfare. October 10 final payment.

A Capital Christmas
Dec. 3 - 9, 2016

Enjoy dazzling holiday splendor at Historic Colonial Williamsburg, Washington D.C. and Charlottesville all decked out in their most festive holiday decorations. Highlights: Grand Illumination in Williamsburg; Monticello, National Cathedral, Mount Vernon, Smithsonian, Kennedy Center, National Landmarks in D.C. and more during this very special time of year. Price $2,100 per person double occupancy; $2,600 single. Does not include airfare. Hurry~ Limited availability.

Yellowstone In Winter
Feb. 26 – Mar. 3, 2017

The winter solitude of Yellowstone National Park is compelling and inspiring. Yellowstone was America's first national park and has more wildlife than anywhere in the lower 48 states and more geothermal features than anywhere in the world. Experience this winter wonderland for yourself. Traveling with Denver Museum of Nature & Science group. Price: Double $2,115 per person; Single $2,525.

Our residents have one thing in common.

Passion.

At Frasier we are committed to a sense of community and the belief that, with the proper support, people can thrive and find meaning and passion at every age and circumstance. We have been helping seniors live their best lives for over 55 years. We welcome you to learn more about our exceptional services.

Independent Living, Assisted Living and Memory Care Apartments are available.
Call 303.499.4888 for an appointment and tour.

FRASIER

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Creating connections. Honoring lives. Embracing possibilities.

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